

# Abdominal X-ray

## Information for Patients

### How to prepare?

#### A day before the examination:

- Follow a light, easily digestible diet (do not eat vegetables, fruits, whole-grain bread, yoghurt).
- Do not drink carbonated drinks.
- Take a laxative and antiflatulents; these are over-the-counter medications available at pharmacies.

#### On the day of the examination:

- Stay on an empty stomach for at least 6 hours before the examination.
- Do not drink coffee or chew gum.

### What to bring?

- A valid paper referral with a signature and stamp of the physician or e-referral number.
- Results of previous diagnostic tests (reports + CDs) as well as hospital discharge summaries (if hospitalisation was related to the current examination).
- ID card (for minors, a child's health record book will be required).

### Are there any contraindications?

- Yes. This examination is not performed if you are pregnant.

For women of childbearing age, X-rays are performed within the first 12 days of the menstrual cycle (unless the doctor decides otherwise) to eliminate the risk of complications for a potential pregnancy.